

WHAT IS CLAIMED IS:

1. An edible fat/oil composition, comprising an edible fat/oil, and containing linolenic acid in an amount not smaller than 1 mass %, a plant sterol in an amount of 1 mass % to 10 mass %, tocopherol in an amount of 0.01 mass % to 1 mass %, and a lipophilic emulsifying agent in an amount of 0.005 mass % to 10 mass %.

2. The edible fat/oil composition according to claim 1, wherein the edible fat/oil includes a plant fat/oil.

3. The edible fat/oil composition according to claim 2, wherein the edible fat/oil contains rice oil in an amount of 10 mass % or more.

4. The edible fat/oil composition according to claim 3, which contains oryzanol in an amount of 0.01 mass % to 2 mass %.

5. The edible fat/oil composition according to claim 1, wherein an additional plant sterol is added in addition to the plant sterol contained in the edible fat/oil itself.

6. The edible fat/oil composition according to claim 5, wherein the additional plant sterol is subjected to a deodorizing treatment.

7. The edible fat/oil composition according to claim 1, wherein the lipophilic emulsifying agent is provided by at least one emulsifying agent selected

from the group consisting of sucrose fatty acid ester, glycerin fatty acid ester, sorbitan fatty acid ester, and propylene glycol fatty acid ester.

5 8. The edible fat/oil composition according to claim 1, wherein the lipophilic emulsifying agent is provided by at least one emulsifying agent selected from the group consisting of sucrose fatty acid ester, glycerin fatty acid ester, sorbitan fatty acid ester, and propylene glycol fatty acid ester, each having an
10 HLB value of 6 or less.

9. The edible fat/oil composition according to claim 1, wherein the lipophilic emulsifying agent includes at least one first emulsifying agent selected from the group consisting of sucrose fatty acid ester, glycerin fatty acid ester, sorbitan fatty acid ester, and propylene glycol fatty acid ester, each having an
15 HLB value not larger than 6, and at least one second emulsifying agent selected from the group consisting of sucrose fatty acid ester and glycerin fatty acid ester, each having an HLB value not larger than 7.
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10. The edible fat/oil composition according to claim 1, wherein fatty acid residue contained in the edible fat/oil composition includes 15 mass % or less of saturated fatty acid.

25 11. The edible fat/oil composition according to claim 4, wherein a plant sterol subjected to a deodorizing treatment is further mixed in addition to

the plant sterol contained in the edible fat/oil, and fatty acid residue contained in the edible fat/oil composition includes 15 mass % or less of saturated fatty acid.

5 12. The edible fat/oil composition according to claim 1, which produces the effect of inhibiting the absorption of cholesterol.

 13. The edible fat/oil composition according to claim 1, which is used for cooking.

10 14. A food/drink prepared by using an edible fat/oil composition according to claim 1.

 15. A processed fat/oil product containing an edible fat/oil composition according to claim 1.

 16. A cooking method under heat, wherein an edible fat/oil composition according to claim 1 is used for the cooking under heat.

 17. A method for preparing food/drink, wherein the edible fat/oil composition according to claim 1 is used as a raw material.

20 18. The edible fat/oil composition according to claim 4, which is used for cooking.

 19. A food/drink prepared by using an edible fat/oil composition according to claim 4.

 20. A processed fat/oil product, which contains an edible fat/oil composition according to claim 4.

25 21. A cooking method under heat, wherein the edible fat/oil composition according to claim 4 is used

for the cooking under heat.

22. A method of preparing a food/drink, wherein an edible fat/oil composition according to claim 4 is used as a raw material.

5 23. The edible fat/oil composition according to claim 11, which is used for cooking.

24. A food/drink prepared by using an edible fat/oil composition according to claim 11.

10 25. A processed fat/oil product, which contains an edible fat/oil composition according to claim 11.

26. A cooking method under heat, wherein an edible fat/oil composition according to claim 11 is used for cooking under heat.

15 27. A method of preparing a food/drink, wherein an edible fat/oil composition according to claim 11 is used as a raw material.